



Prime Time News

August 2018

Fitchburg Senior Center
Volume VIII Issue 8

Look Ahead

Bridge Instruction P.2

Mind Body Spirit P.2

Day/Extended Travel P.3

Book Clubs & Groups P.4

Alternatives To Cable TV P.5

Fun Zone—Games & More P.6

Exercise For All Levels P.7

Transportation/Wellness P.8

Cut Cable

Have you heard of slim bundles? Pick a base package of channels for cheaper?
See page 5 for details

Coffee with a Cop is back! Stop in to the Senior Center at **11:15 a.m. on Tuesday, August 21** to enjoy a hot cup of coffee with one of Fitchburg's finest. Come with questions, concerns, or compliments!

FSCF—Ice Cream Social-Sept. 1, 2 & 3

FSCF Directors and Senior Center volunteers will be serving free ice cream at Eplegaarden's Old Fashioned **Ice Cream Social** on Labor Day weekend.

Your donations will go to support Fitchburg Senior Center's "Meals for Seniors in Need." Also, on **Sunday, Sept. 9**, FSCF will be serving at the **Eplegaarden Snack Stand for Grandparents' Day**. Bring the family for a picnic snack before or after picking your apples. Thanks to Betty Forest, Tom Olson and Rami Aburomia for their support of our fundraising efforts.



Prairie Kitchen Cooking Club

Thanks to the UW Dept. of Family Medicine and Community Health, Fitchburg Hy-Vee, Badger Prairie Needs Network, and the Verona Senior Center, you are invited to cook healthy, delicious meals!

This is a six-week cooking class that will feature delicious meals that include salads and desserts! The series is \$35/person. All you need is your own apron, and containers for your leftovers! Recipes include: Chipotle Cobb Salad, Instant Pot Butternut Squash Risotto, Apple Butter Pork Tenderloin, Asian Salmon Burgers, and Chipotle Turkey Chili.

All classes are held once/month from August through January from 10:00 -11:30 a.m. at the Prairie Kitchen, 1200 E. Verona Ave (Badger Prairie Needs Network). You can attend on Tuesdays or Fridays. Call the Senior Center for specific dates. **Sign up can be done by calling the Verona Senior Center at 845-7471**

Date Saver—September 28

Triad of Wisconsin and RSVP of Dane County's 16th Triad Crime Prevention and Safety Conference & Expo - 8:00 a.m-3:00 p.m.

American Family Insurance Training Center, Madison, WI

Trudy Gregorie, Executive Director of the National Adult Protective Services Association, will be the Keynote.

Cost: \$25 By August 15, \$35 After August 15. Includes continental breakfast, breaks and lunch. For more information: mstamstad@rsvpdane.org 608-441-7897. www.rsvpdane.org triadofwisconsin.org




**Medical Insurance
Solutions
for Seniors**

2935 S. Fish Hatchery Road, #107
Fitchburg, WI 53711

Phone: 608-662-8288
Fax: 866-838-7749

Diane Dillett, CLTC, LUTCF
diane@dilletcompany.com
www.dilletcompany.com

Bridge Instruction W/ Mary O.
Doubles Used in Competitive Bidding
-Tuesdays, August 21 & 22
-9:30 to 11:30 a.m. \$20



How to tell partner about your hand with one bid. We will discuss take out, support, and negative doubles. How to respond to a double will also be covered. In addition, we will use them in defense to direct the lead to defeat the contract. Please call **270-4290** to register and pay.



Helpful Hands 4U, LLC
*Compassionate Senior Move
Management Services for You*

Diane Hughes
608/575-3759
dhhands@sbcglobal.net
helpfulhands4u.com



DISCOVER *the difference*

The Waterford at Fitchburg

5440 Caddis Bend
Fitchburg, WI 53711
t 608-270-9200 f 608-270-9222


waterfordatfitchburg.com

Mind

Body

Spirit

Caregiver Support
If you are caring for a loved one
with dementia, you are not alone.
Join us on Thursday,
August 9 at 10:00 a.m.



Memory Café
Every third
Thursday—Next
meeting August 16 at
10:30 a.m.

**Parkinson's Support
With Bob Gilpatrick**
Monday, August 20 at
2:00 p.m.

Wellness Checks W/ The Nurse
Thursdays 10:00 a.m.—12:00 p.m.
Services Offered:
Blood Pressure Checks
Glucose Checks
Weight Monitoring
Individual education on: chronic health prob-
lems, healthy lifestyles, nutrition, med man-
agement. Walk-ins welcomed. 270-4290

Travel!

Travel!

Day Trips

NEW: Kohler Holiday Market @ Wreath Factory, Kohler, WI

Friday, Nov 16, 2018. Stops at the Wreath Factory in Plymouth, WI., Wisconsin Holiday Market and lunch at Antoinette's Signature Pasta Entrees. Cost \$85. Departure: 7:00 a.m. Estimated Return: 6:30 p.m. all from Fitchburg Senior Center lower level. Contact Badger Bus 1-800-416-2049 for reservations. Payment by October 10, 2018.

Rock River Boats and Bluffs, Oregon, IL, Wednesday, Sept. 19. Boat cruise and lunch. Cost \$98. Departs 8:45 a.m., estimated return 6:00 p.m. Pick up and drop off at Fitchburg Senior Center lower level. Contact Badger Bus 1-800-416-2049 for reservations. Payment by August 15, 2018.

Holiday Stocking Stuffer, Lake County, IL, Wednesday, Nov 7, 2018. Lunch included. Cost \$100.00. Departs 6:10 a.m., estimated return 7:50 p.m. Pick up and drop off at Fitchburg Senior Center lower level. Contact Badger Bus 1-800-416-2049 for reservations. Payment by October 8, 2018.

For questions contact Sharon Trimborn at 608-271-9077, Senior Center Day Trip Travel Volunteer.

Get away this winter with a
WINTER ESCAPE



PANAMA

February 14 - 23, 2019

10 days, \$3,599 pp twin (includes air)
land tour with one day on canal
3 hotels, 3 nights each

UNESCO world heritage site - Casco Viejo
local culture and crafts, rum factory, beach resort
(3 days)

JEKYLL ISLAND, CHARLESTON, SAVANNAH

APRIL 7 - 13 2019

7 days, \$2,999 pp twin (includes air)
3 hotels, 2 nights each

St. Simons and Hilton Head
historic areas of Savannah,
Ft. McAllister, and Charleston
Magnolia Place
fabulous Southern restaurants



FITCHBURG SENIOR CENTER FRIENDS
WITH MAYFLOWER TOURS

FLYERS AVAILABLE IN LOBBY OF FITCH-
BURG SENIOR CENTER

Questions? Call Kathy S. 608-274-2768



FITCHBURG CENTER
Farmers Market AT **AGORA**
THURSDAYS, MAY-OCTOBER | 3PM - 6PM
5511 E. CHERYL PARKWAY, FITCHBURG
FITCHBURGMARKET.COM

Strawberry Fest
June 21st

Kids Fest
July 19th

Pig Roast
August 16th

Fall Fest
September 20th



SprintPrint
Promises Delivered... Since 1987

• Full Color & Spot Color Printing •
• Digital Color Output • Volume Copying •



2790 S. Fish Hatchery Road, Madison, WI
(608) 277-7500 • www.sprintprint.com




REACH Book Club

REACH Book Club will not meet in August. We will resume on September 13, 2018. We are kicking off the year with a talk by a local author at this meeting. **Ann Garvin**, who wrote the humorous book *I Like You Just Fine When You're Not Around*, will be speaking to our group. We are opening this meeting to all who are interested. It will be held in the Fitchburg Room on the upper level.

Books for the coming year were chosen at the June meeting. (See list below).

Oct. 11: *Tell the Wolves I'm Home* by Carol Rifka Brunt. Nov. 8: *The Tea Girl of Hummingbird Lane* by Lisa See. Dec. 13: *Pilgrims: A Woebegon Romance* by Garrison Keillor. Jan. 10: *Claire of the Sea Light* by Edwidge Danticat. Feb. 14: *Look Homeward Angel* (Classic) by Thomas Wolfe. Mar. 14: *Chilbury Ladies Choir* by Jennifer Ryan. Apr. 11: *The Lost City of the Monkey God* by Douglas Preston. May 9: *The Cherry Harvest* by Lucy Santa. June 14: Choose the books for next year

REACH Book Club meets the 2nd Thursday of each month, September thru June at the *Fitchburg Senior Center* at 1:30 p.m. We do not meet in July or August.



The *I Love a Mystery Book Club* will meet on **Thursday, August 23, 2018 at 1:30 p.m.** at the Fitchburg Senior Center. (the 4th Thursday). We will discuss the book, *Haunted Ground, book #1 in the Nora Gavin series*, by **Erin Hart**. When farmers cutting turf in a peat bog make a grisly discovery ~ the perfectly preserved severed head of a young woman with long red hair ~ Irish archaeologist Cormac Maguire and American pathologist Nora Gavin team up in a case that will open old wounds.

Groups



Men's Group

Join us for our next meeting on
Tuesday, August 14 at 2:00 p.m.

For more info log on to:
www.fitchburgwi.gov/823/Groups-to-Join
and click on Men's Group.



Active Women's Group

Join us for our next meeting on

Tuesday, August 28 at 2:00 p.m.

Social Hour from 1:00-2:00 p.m. before meeting.

For more info log on to:
www.fitchburgwi.gov/823/Groups-to-Join
and click on Active Women's Group.

Dine Out



Couples Dinner Group

On **Tuesday, August 21**, The Fitchburg Couples Dinner Group will dine at Captain Bill's on the deck. 2701 Century Harbor Rd., Middleton. Anyone interested in joining the group please e-mail Bev at BevDavis@aol.com or call her at 608-467-3990.

Cocktails at 5:00 p.m. with dinner at 5:30 p.m.

Women's Brunch

Women's Brunch at The Egg and I on the second Monday of every month at 10:00 a.m.

Those who would like to join should e-mail Bev Davis at BevDavis@aol.com or call 608-467-3990.

Tech Central



Cutting The Cable Cord Options

Just a reminder that you don't need to wait for one of David's informational programs on alternative options to expensive cable and satellite tv. Feel free to call David at 270-4292 to schedule a time to sit down and brainstorm the best options for you. Whether you are just giving it some thought or are ready to make the move, let David help you sort through the options. Call today!

**FREE Over-The-Air Antenna
Loans—Call David 270-4292**

Not Ready To Cut The Cord Just Yet?

Well, then this class is for you. Can't live without your sports channels? Can't live without your Hallmark channel.....the list goes on! Now you have choices. Reduce your cost for TV programming, while retaining some of your favorite channels. David will explain SlingTV, YouTube TV and Charter's "slim bundle" package. **Wed. Aug. 22 at 10:30 a.m.**
You must call 270-4290 to register.

Did You Know?

Senior Center Help

Home visits / Three-Month Loan Closet /
Meals on Wheels / Home Health / Insurance
/ Medicare Part D / Medicaid

Call Amy Jordan or Sarah Folkers at
270-4290 today!

Car Concierge Auto Delivery

You fly, let me drive!

Vehicle Delivery Service in Continental U.S.

Specializing in Snowbirds
But will deliver anywhere in USA

608.692.8322 • Timdybevik77@gmail.com

www.carconciergeautodelivery.com

Bonded Dybevik Enterprises, LLC Insured

Walk in Medicare Clinic in partnership with Allen Maxwell Farmers Insurance Agency. Stop in to learn more about Medicare and many other cost saving options.

Leigh Maxwell

2980 Cahill Main, 205

Fitchburg, WI 53711

608.630.9776 / 608-772-5700



Community PC, LLC
remote & onsite service

A Full Service Shop in
Your Own Home!

PC - Mac - Android - Linux
Hardware - Software - Networking

We Specialize in Tech
Support for Seniors!

Ask Us About Printing Email Boxes
and Our SeniorPC™

Stop Yelling & Give Us a Shout®

608-268-7178

commpc.com

info@commpc.com

Fitchburg Singers—Come Sing W/Us!

The Fitchburg Singers practice the 1st & 3rd Wednesday at 1:00 p.m.
Did you know that the singers have 25 + retirees who love to sing? There is a spot waiting for you!
Love to perform? They do that too! Summer break—practices resume Wednesday, September 5.

Fun Zone

Drop-In Activities!!!!

Dominos—2nd & 4th Mon. @ 1:00 p.m.

Social Bridge—Mon. @ 10:00 a.m.

Cross Stitch—Thurs. @ 8:30 a.m.

Euchre—1st, 3rd & 5th Tues. @ 12:45 p.m.

Mahjong—1st Tues. @ 1:00 p.m.

Bingo—Thurs. @ 12:30 p.m.

Sheepshead—Thur. @ 1:00 p.m.

Scrabble—Fri. @ 1:30 p.m.

Ping Pong—Fri. 9:00 a.m. (two tables)

Bunko—Wed. @ 1:00 p.m.

Open Art—3rd Mon. @ 1:00 p.m.

Yarn Group—Mon. @ 9:00 a.m.



\$20 Blackout Bingo!! August 9

Special Sponsor:

First Weber

Game begins promptly at 12:30 p.m.

Movie Day—The Greatest Showman

Step right up... and into the spellbinding imagination of a man who set out to reveal that life itself can be the most thrilling show of all!
Staring Hugh Jackman. Popcorn provided!

Friday, August 24 at 12:40 p.m.



YES!!

Library Shuttle now available
every Wednesday!
Call 270-4290 by noon one day
in advance to register.



Ukulele Network

The uke group strums every
Tuesday at 1:00 p.m.

Do you have a ukulele and already know some
basic chords?

Come play with us! Call Judy at
608-514-3274.

Exercise Opportunities

P.7

Zumba Gold

New classes coming soon. Any questions, call
David at 270-4292

Teaser dates: October 4, 11, 18 & 25



Aerobics With Diane Fronek

Diane teaches Mondays and Wednesdays at
8:30 & 9:45 a.m.; Fridays at 8:30 a.m. Class
focuses on cardio, strength, and flexibility.

Cost is \$22 per month.



Functional Fitness

Monday, Wednesday and Friday from
11:00-11:30 a.m. Class is chair-based and focus-
es on strength, range of motion and balance.

Cost is \$12 per month.



Build Your Core

Three weeks of exercises to help you remain
active in your daily routine to improve strength
and balance. Exercises will be performed
standing, sitting, and on the floor.

New classes coming soon. Any questions, call
David at 270-4292

Teaser dates: October 3, 10, 17 & 24



Tai Chi Thursdays

8:30 a.m. Beginner-friendly.

Donations at the front desk welcomed.

Yoga W/ Kurt—FALL SESSION 1

Mondays: Level 2: Sept. 10- Oct.22; 9:15-10:30
a.m.; 7 weeks; \$56.

Level 1: Sept. 10- Oct. 22; 10:45 a.m.-12:00
p.m.; 7 weeks; \$56.

Wednesdays: Level 2: Sept. 12- Oct. 24; 9:15-
10:30 a.m.; 7 weeks; \$56.

Level 1: Sept. 12- Oct. 24; 10:45 a.m.- 12:00
p.m.; 7 weeks; \$56.

Call 270-4290. Payment due upon sign-up.



Program Scholarships

Thanks to the generosity of the Fitchburg Senior Center
Friends, we are able to offer program scholarships for classes
offered at the Center. Scholarship applications are available at
the front desk, or you can speak with a staff person to obtain
an application. All applications are kept confidential.



Indoor Pickle Ball

Every Tuesday. Advanced Play 8:30-10:30 a.m.
Beg./Inter. 10:30 a.m.—12:30 p.m. Open play
1:00-3:00 p.m. in the upper level.

Outdoor Pickleball

Swan Creek tennis courts reserved Tuesdays
8:00 a.m. -12:00 p.m. Open play

Transportation Services P.8

Meals—\$1 round-trip. Transportation provided to and from the Senior Center by Transit Solutions. Call the Senior Ctr. at 270-4290 to schedule a ride. Please indicate if wheelchair lift is needed.

Shopping—\$3.00 round-trip. Provided by Transit Solutions for general and grocery shopping on Tuesdays and Fridays. **MUST indicate wheelchair upon sign-up.** Check calendar for trip destinations.

Medical Appointments—Cost is a donation. Transportation provided by RSVP volunteer drivers. Call the Senior Center at 270-4290 **at least 5 business days in advance** to schedule a ride.

Shuttle Service— This service is used for **medical ride requests that require wheelchair transport.** Requested donation is \$10 round-trip. Call 270-4290 **3 business days in advance** to schedule a ride. Subsidy for this transportation is provided by FSC Friends.

Health, Help & Renewal

Footcare/Fingernail—SSM Health. Offered 2nd & 4th Wednesday & 4th Monday. Cost is \$22 & \$10. Call the Center for an appointment.

Must provide 2 towels.



Diabetic Footcare

August 17

The cost of this clinic is \$30. Please call 270-4290 to schedule an appointment.

Blood Pressure
Offered during the "Wellness Check" hours:
10:00 a.m.—12:00 p.m.
No appt. needed.
Every Thursday.

EMS BP&Glucose
Fourth Mon. 10:30 a.m.



Massage Therapy

June Newman
LMT,NCTMB.
Mon./Thurs.
Afternoons

Massage/ Reflexology

Gregory Newman
LMT,NCTMB.
Wed. Afternoons

Massage

Denny Ginko
Call for
dates/times

Cost:

\$30 for 30 min.
\$50 for 60 min.
\$70 for 90 min.

Cancellations must be made 24 hrs in advance to avoid being charged.

Call 270-4290

New!

Hair Care

Appointments occur one Monday per month – please call for dates/times. We are asking for a \$15 donation for the service. Payment must be made at the front desk prior to your appointment.

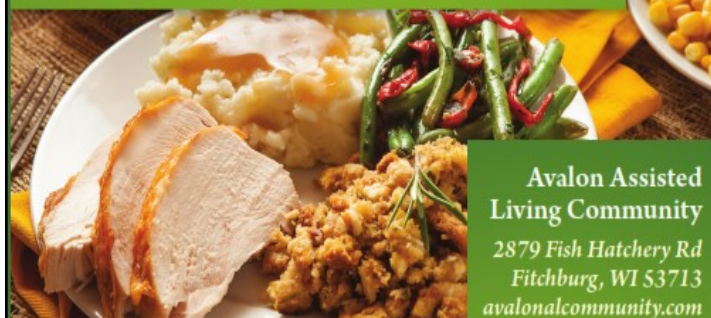
Call 270-4290

Chair Massage W/ Gary Kuzynski

2nd & 4th Thursday mornings
15 minutes = \$11 / 30 minutes—\$22
Call 270-4290 to register.



Call 608.274.4350 today to schedule a tour and enjoy a complimentary lunch!



Avalon Assisted Living Community
2879 Fish Hatchery Rd
Fitchburg, WI 53713
avalonallcommunity.com

The Fitchburg Senior Center Friends

The Fitchburg Senior Center Friends provided \$31.00 for special needs this month. They continuously pay for daily newspapers, coffee and monthly movies. The latest addition to beautifying the area is the new top for the coffee cart. It is pretty, sturdy and easy to clean compared to the original. Hope all are enjoying the summer!

Volunteers are needed for the September events of Ice Cream Social and Grandparents Day at Eplegaarden.

There will **not** be a "Meet Greet and Eat" event this year.

ICE CREAM SOCIAL at Eplegaarden is to raise money for Meals for Senior Citizens in need. Slots to be filled will be for 2-2.5 hours in duration.

Sept 1 9:00 a.m.- 5:00 p.m.

Sept 2 10:00 a.m.- 5:00 p.m.

Sept 3 9:00 a.m.- 5:00 p.m.

GRANDPARENTS' DAY at Eplegaarden Snack Stand for two- hour slots.

Sept 9 10:00 a.m.- 5:00 p.m.

Please contact Mandi at the Fitchburg Senior Center to volunteer 608- 270- 4293 for either event.

Salad Option Friday's

Call a day in advance: 270-4290!

Join us for lunch on a Friday & ask for the salad du jour!

August

8/3: Tuna Salad

Mixed greens topped with tuna salad, tomato, and cucumber.

Meal items: Grape juice, spiced apples & biscuit

8/10: Chicken Taco Salad

Shredded lettuce topped with seasoned chicken, diced tomatoes, cheese, salsa, black olives, sour cream and tortilla strips.

Meal items: Melon , roll, butter, banana cream pie

8/17: Caprese Salad

Mixed greens topped with basil marinated tomatoes, fresh mozzarella cheese and croutons.

Dressing: Balsamic Vinaigrette

Meal items: Grapes & brownie

7/24: 7 Layer Salad

Shredded lettuce topped with peas, celery, onion, mayo, shredded cheese, bacon & eggs.

Meal items: Melon, sugar cookie

8/31: Harvest Salad

Mixed greens topped with beets, garbanzo beans, cucumber, red onion, feta and croutons.

Dressing: Balsamic Vinaigrette

Meal items: mixed melon cup, dinner roll/ butter, pineapple cake



*Limited to dine in only.



CHRISTENSON JOHNSON^{LLC}

ATTORNEYS AT LAW

Iris M. Christenson
Barbara S. Hughes

Mark T. Johnson
Meghan M. Teigen

2924 Marketplace Dr., Ste.102
Fitchburg, WI 53719
(608) 273-8609 · cjlawwi.com

Estate Planning · Estate & Trust Settlement
Elder Law · Special Needs Planning · Real Estate



Comfort Keepers

a sodexo brand



**REMAIN INDEPENDENT
IN THE PRIVACY &
COMFORT OF YOUR
OWN HOME**

COMFORTING SOLUTIONS FOR IN-HOME CARE™

Screened, Bonded & Insured • Light Housekeeping
24-hour Care Available • Transportation Services
Skilled Nursing • Bathing & All Personal Care
Respite Care • Homemaking Services • Live In Services

**DANE COUNTY
442-1898**

Each office independently owned and operated.

comfortkeepers.com/madison-wi



Meals in Memory....

In memory of Saroj and Sushil Bansal, who were long-time participants at the Senior Center, lunch on the 4th Monday of every month will be sponsored in their memory. *All who join us for lunch on this day will not need to make a donation.*

Fitchburg Senior Center
5510 East Lacy Road
Fitchburg, WI 53711
608-270-4290

www.fitchburgwi.gov

Jill McHone, Director
David Hill, Assistant Director
Mandi Miller, Nutrition Site
Mgr/Volunteer Manager
Amy Jordan, Social Worker
Sarah Folkers, Social Worker
Suzie Jones, Office Asst.



Accredited by the Wisconsin
Association of Senior Centers



For general questions, email us at:
FitchburgSeniorCenter@fitchburgwi.gov



Class Registration/Payment

Class: _____

Name: _____

Address: _____

City & Zip: _____

Phone: _____

Email: _____

Cash: _____

Check: _____

Program Cancellation Policy: Class payments must be received seven days prior to the start of class.

Certain classes require a minimum attendance. If your cancellation puts the class attendance under the minimum, a refund may not be possible.

**Fitchburg Family
Pharmacy**

Thad Schumacher, PharmD

tschumacher@fitchburgfamilyrx.com

Location: Fish Hatchery Road and High Ridge Trail

Phone: (608) 274-3784

Fax: (608) 274-3780

After Hours: (608) 886-7117

Hours:

9am-6pm, Mon-Fri

9am-1pm, Sat



Want to know your home's value? Call or e-mail

Ruth Domack, Realtor

608-444-6060

domackr@firstweber.com

A Fitchburg resident for over 35 years . . .



The human side of real estate:





August 2018

**Salad Option Fridays!**

3rd - Tuna Salad
 10th - Chicken Taco Salad
 17th - Caprese Salad
 24th - 7 Layer Salad
 31st - Harvest Salad

*Call & say you want the Salad Option!

Reservations must be made by 12:00 the day before by calling 270-4290

| Salad Option Fridays! | | Wednesday 1 | Thursday 2 | Friday 3 |
|--|--|--|--|--|
| 3 rd - Tuna Salad 10 th - Chicken Taco Salad 17 th - Caprese Salad 24 th - 7 Layer Salad 31 st - Harvest Salad *Call & say you want the Salad Option! Reservations <u>must</u> be made by 12:00 the day before by calling 270-4290 | | Spaghetti Wax beans Mixed Green Salad Peaches Brownie VO – Veggie meatballs NCS – SF Cookie | Lemon Baked Fish Tartar Sauce Baked Sweet Potato/Butter Tropical Fruit WW Bread Blueberry Pound Cake VO – Black Bean Burger NCS – SF Jell-o | *Italian Sausage on WW Bun Roasted Potatoes Stewed Tomatoes Orange Ice Cream Cup VO – Veggie Quiche NCS – SF Ice Cream |
| Monday 6 | Tuesday 7 | Wednesday 8 | Thursday 9 | Friday 10 |
| Mediterranean Chicken Pita & Hummus Cucumber Salad Pineapple Yogurt VO – Hummus/ Pita NCS – Orange | Chili Baked Potato Banana Cornbread Rice Pudding VO – Veggie Chili NCS – SF Pudding | Chicken Salad on a Croissant Lettuce & Tomatoes Slices Carrots Sticks Watermelon Key Lime Pie VO – Egg Salad NCS – SF Cookie | *Pulled Pork on Bun Creamy Coleslaw Carrot Raisin Salad Melon slice Vanilla Pudding VO – Veggie Burger NCS – SF Pudding | Shepherds Pie WW Bread Creamed Spinach Apple Juice Strawberry Jell-o VO – Veggie Wrap NCS – SF Jell-o |
| Monday 13 | Tuesday 14 | Wednesday 15 | Thursday 16 | Friday 17 |
| Chicken Salad Mini Croissant Broccoli Salad Pickled Beets Peaches Brownie VO – Hummus Wrap NCS – SF Pudding | Fish Sandwich w/ Bun Cheese Slice Yams Coleslaw Fruit Cup White Cake VO – Grain Burger NCS – SF Cookie | *Meatballs in Marinara Over Penne Carrots Mixed Greens Salad Banana Ambrosia Salad VO – Veggie Meatballs in Marinara NCS – Orange | Chicken and Gravy Over a slice of bread Mashed Potatoes Green Beans Orange Cookie VO – Soy in Gravy NCS – SF Cookie | Seafood Pasta Salad Cucumber Salad Peaches Croissant Cookie VO – Egg Salad NCS – SF Cookie |
| Monday 20 | Tuesday 21 | Wednesday 22 | Thursday 23 MSC | Friday 24 |
| Cheeseburger Calico Beans Potato Salad Fruit Cocktail Pineapple Fluff VO – Black Bean Burger NCS - Pineapple | Egg Salad Sandwich on WW Bread Pickled Beets 3 Bean Salad Grape Juice Dreamsicle Whip NCS – SF Jell-o | Beef Stew Biscuit Green Beans Chunky Apple Sauce Chocolate Chip Banana Cake VO – Soy Beef Stew NCS – SF Pudding | *BBQ Ribs Cheesy Potatoes Toss Salad w/tomatoes Roll Watermelon Lemon Bars VO – Veggie Wrap NCS - Banana | Chicken Mac Casserole Peas Tomato Juice Pineapple Pudding VO – Mac and Cheese NCS – SF Pudding |
| Monday 27 | Tuesday 28 | Wednesday 29 | Thursday 30 | Friday 31 |
| Cheese Tortellini Bread Stick Spinach Mandarin Oranges Blueberry Crisp VO – Vegetarian Cheese Tortellini NCS – SF Cookie | Pot Roast w/ Gravy Mashed Potatoes Mixed Green Salad Orange WW Bread Tapioca Pudding VO – Cheese/Tomato Sandwich NCS – SF Pudding | Chicken a la King Over Biscuit Carrots Corn Salad Peaches Sherbet VO – Soy a la King NCS – SF Ice Cream | Traditional Meatloaf Mashed Potatoes w/Gravy Corn White Bread Apple Juice Cup White Cake VO – Veggie Patty NCS – SF Cookie | BBQ Chicken Potato Salad California Blend Mixed Melon Cup Dinner Roll Pineapple Cake VO – Hummus Wrap NCS – Pineapple |

Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION

*contains pork

August 2018

Senior Center Activity Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|--|--|--|--|----|----|---|--|--|--|--|--|---|--|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|--|--|--|--|---|---|---|---|---|---|---|---|--|--|--|--|--|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---|--|--|
| <div><div>Jul 2018</div><table><tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr><tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td></td></tr><tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr><tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr><tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr><tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr><tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr></table></div> | M | T | W | T | F | S | S | | | | | | 1 | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | | | | | | <div><div>Sep 2018</div><table><tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr><tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr><tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr><tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr><tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr><tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr></table></div> | M | T | W | T | F | S | S | | | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | <div>1</div> <div>8:30 AM Aerobics</div> <div>9:45 AM Aerobics</div> <div>10:00 AM Bike Club</div> <div>10:45 AM Library Shuttle</div> <div>11:00 AM F-Fitness</div> <div>1:00 PM Bunko</div> | <div>2</div> <div>8:30 AM Cross Stitch</div> <div>8:30 AM Tai Chi</div> <div>10:00 AM FSC Friends</div> <div>10:00 AM Visiting Nurse</div> <div>12:30 PM Bingo!!</div> <div>1:00 PM Sheepshead</div> | <div>3</div> <div>8:30 AM Aerobics</div> <div>9:00 AM Ping Pong</div> <div>10:00 AM Shop-Pick N Save</div> <div>11:00 AM F-Fitness</div> <div>1:30 PM Scrabble</div> |
| M | T | W | T | F | S | S | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 30 | 31 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| M | T | W | T | F | S | S | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | 1 | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <div>6</div> <div>8:30 AM Aerobics</div> <div>9:00 AM Yarn Group</div> <div>9:45 AM Aerobics</div> <div>10:00 AM Bridge</div> <div>11:00 AM F-Fitness</div> | <div>7</div> <div>8:30 AM Pickleball</div> <div>8:30 AM Quilters</div> <div>9:00 AM Outdoor Pickleball</div> <div>10:00 AM Shop-Walmart</div> <div>12:45 PM Euchre</div> <div>1:00 PM Mahjong</div> | <div>8</div> <div>8:30 AM Aerobics</div> <div>9:00 AM Footcare</div> <div>9:45 AM Aerobics</div> <div>10:00 AM Bike Club</div> <div>10:45 AM Library Shuttle</div> <div>11:00 AM F-Fitness</div> <div>1:00 PM Bunko</div> | <div>9</div> <div>8:30 AM Cross Stitch</div> <div>8:30 AM Tai Chi</div> <div>10:00 AM Caregiver Support</div> <div>10:00 AM Visiting Nurse</div> <div>12:30 PM Bingo!!</div> <div>1:00 PM Sheepshead</div> | <div>10</div> <div>8:30 AM Aerobics</div> <div>9:00 AM Ping Pong</div> <div>11:00 AM F-Fitness</div> <div>1:30 PM Scrabble</div> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <div>13</div> <div>8:30 AM Aerobics</div> <div>9:00 AM Yarn Group</div> <div>9:45 AM Aerobics</div> <div>10:00 AM Bridge</div> <div>11:00 AM F-Fitness</div> <div>1:00 PM Dominos</div> | <div>14</div> <div>8:30 AM Pickleball</div> <div>8:30 AM Quilters</div> <div>9:00 AM Outdoor Pickleball</div> <div>10:00 AM Hookers</div> <div>10:00 AM Shop-Woodmans</div> <div>2:00 PM Men's Group</div> | <div>15</div> <div>8:30 AM Aerobics</div> <div>9:45 AM Aerobics</div> <div>10:00 AM Bike Club</div> <div>10:45 AM Library Shuttle</div> <div>11:00 AM F-Fitness</div> <div>1:00 PM Bunko</div> | <div>16</div> <div>8:30 AM Cross Stitch</div> <div>8:30 AM Tai Chi</div> <div>10:00 AM Visiting Nurse</div> <div>10:30 AM Memory Cafe</div> <div>12:30 PM Bingo!!</div> <div>1:00 PM Sheepshead</div> | <div>17</div> <div>8:30 AM Aerobics</div> <div>9:00 AM Ping Pong</div> <div>10:00 AM Shop-Pick N Save</div> <div>11:00 AM F-Fitness</div> <div>1:30 PM Scrabble</div> <div>Diabetic Footcare</div> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <div>20</div> <div>8:30 AM Aerobics</div> <div>9:00 AM Yarn Group</div> <div>9:45 AM Aerobics</div> <div>10:00 AM Bridge</div> <div>11:00 AM F-Fitness</div> <div>1:00 PM Open Art</div> <div>2:00 PM Parkinson's Support</div> | <div>21</div> <div>8:30 AM Pickleball</div> <div>8:30 AM Quilters</div> <div>9:00 AM Outdoor Pickleball</div> <div>10:00 AM Shop-South Town</div> <div>11:15 AM Coffee w/a Cop</div> <div>12:45 PM Euchre</div> | <div>22</div> <div>8:30 AM Aerobics</div> <div>9:00 AM Footcare</div> <div>9:45 AM Aerobics</div> <div>10:00 AM Bike Club</div> <div>10:45 AM Library Shuttle</div> <div>11:00 AM F-Fitness</div> <div>1:00 PM Bunko</div> | <div>23</div> <div>8:30 AM Cross Stitch</div> <div>8:30 AM Tai Chi</div> <div>10:00 AM Visiting Nurse</div> <div>12:30 PM Bingo!!</div> <div>1:00 PM Sheepshead</div> <div>1:30 PM Mystery Book Club</div> | <div>24</div> <div>8:30 AM Aerobics</div> <div>9:00 AM Ping Pong</div> <div>11:00 AM F-Fitness</div> <div>12:40 PM Movie Day</div> <div>1:30 PM Scrabble</div> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <div>27</div> <div>8:30 AM Aerobics</div> <div>9:00 AM Footcare</div> <div>9:00 AM Yarn Group</div> <div>9:45 AM Aerobics</div> <div>10:00 AM Bridge</div> <div>11:00 AM F-Fitness</div> <div>1:00 PM Dominos</div> | <div>28</div> <div>8:30 AM Pickleball</div> <div>8:30 AM Quilters</div> <div>9:00 AM Outdoor Pickleball</div> <div>10:00 AM Hookers</div> <div>10:00 AM Shop-Target/HyVee/Aldis</div> <div>2:00 PM Women's Group</div> | <div>29</div> <div>8:30 AM Aerobics</div> <div>9:45 AM Aerobics</div> <div>10:00 AM Bike Club</div> <div>10:45 AM Library Shuttle</div> <div>11:00 AM F-Fitness</div> <div>1:00 PM Bunko</div> | <div>30</div> <div>8:30 AM Cross Stitch</div> <div>8:30 AM Tai Chi</div> <div>10:00 AM Visiting Nurse</div> <div>12:30 PM Bingo!!</div> <div>1:00 PM Sheepshead</div> | <div>31</div> <div>8:30 AM Aerobics</div> <div>9:00 AM Ping Pong</div> <div>11:00 AM F-Fitness</div> <div>1:30 PM Scrabble</div> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |